



Enjoyable reading for the Employees
of Barrington

November-
December 2005

The **E** Word

Village of Barrington



Police Encourage **ICE** Number Storage in Cell Phones

The Barrington-Inverness Police Department is joining with first responders around the world in encouraging employees and residents to store emergency information, such as vital health and contact information, in the address book of their cell phones under the name **I.C.E.** This stands for *In Case of Emergency*, and should include the name(s) and number(s) of people you want contacted in case you are unable to provide your own information.

"In an emergency situation, rescuers will be able to quickly determine the name of the next of kin and contact information by simply scrolling through the phone," said Police Chief Jeff Lawler. "With cell phones as prevalent as they are, this seems to be a simple and efficient solution."

One of the difficulties long faced by emergency services personnel is how to locate next of kin or obtain other necessary information about a victim who is unconscious, or otherwise unable to respond to questions. Even if the victim is carrying one or more forms of identification (such as a driver's license), those items don't necessarily

provide information about where and how relatives or other interested parties can be reached.

"In the past, this issue has been addressed through a variety of means—many people have taken to carrying lists of emergency contacts and vital medical details in their purses and wallets, or wearing items such as bracelets and necklaces with such information engraved on them," Lawler said. "With this new campaign, your cell phone could one day save your life."



Here's what you do:

- Create a new listing in your mobile phone address book called **ICE**.
- Store the number of the best person or persons to contact in case of an emergency.
- This **ICE** information can now be retrieved by emergency workers.

"Someone might have Mom in their phone book but that does not mean they'd want her contacted in an emergency," Chief Lawler said.

ICE entries in cell phone address books should be used in

addition to (not in place of) more standard forms of identification. Add **ICE** to your cell phone only after you have affixed similar information to the official photo identification you routinely carry in your wallet.

The Department of Homeland Security recommends that citizens look at the department's emergency preparedness site, www.ready.gov, for next-of-kin details. Other emergency information, such as the "family contingency plan" sheet, can be downloaded from the site. These are wallet-size cards that can be distributed to family members with space for details about next of kin, out-of-town contacts and other important numbers.

Adding the **ICE** entry into a cell phone does not trigger premium charges. Rumors have circulated that malicious text messages or viruses are randomly sent to phones with such entries. These warnings are hoaxes.



Service Anniversaries

November

Maggie Bosley, FS, 11/4/96
Diane Buhrmann, FD,
11/24/97
Rick Duncum, PW, 11/29/99
Frank Mrowka, PW, 11/7/83
Irene Shewchuk, PD,
11/27/89
Glenn Strebel, FD, 11/6/95

December

Mike Casper, PW, 12/2/96
Doug Everhart, PW, 12/9/85
Jim Goodwin, FD, 12/18/99
John Mattingly, FD, 12/2/02
Doug Murphy, PW, 12/4/89
Tom Schaffer, PD, 12/27/02

Welcoming a Daughter

Jason & Julie Meyer,
HR, daughter Jillian
Kate, on December 6



Holiday Safety Tips for Kids

The holidays are an exciting time of year for kids. To help ensure they have a safe holiday season, here are some tips from the American Academy of Pediatrics.

TREES

- ✿ When purchasing an artificial tree, look for the label "Fire Resistant."
- ✿ When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. Also, the trunk butt of the tree is sticky with resin.
- ✿ When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.



LIGHTS

- ✿ Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights to remove them.
- ✿ Check all tree lights—even if you've just purchased them—before hanging them on your tree. Make sure there are no frayed wires, broken sockets or loose connections.
- ✿ Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- ✿ Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.



DECORATIONS

- ✿ Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.

- ✿ Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.
- ✿ In homes with small children, avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children, and avoid trimmings that resemble candy or food so a young child is not tempted to eat them.
- ✿ Remove all wrapping papers, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child or can cause a fire if near flame.

TOY SAFETY

- ✿ Select toys to suit the age, abilities, skills and interest level of the intended child. Toys too advanced may pose safety hazards.
- ✿ Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully.
- ✿ To prevent both burns and electrical shocks, don't give young children (under 10) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.
- ✿ Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1¼ inches in diameter and 2¼ inches long.
- ✿ Children under age 8 can choke or suffocate on un-inflated or broken balloons. Remove strings and ribbons from toys before giving them to young children.
- ✿ Watch for pull toys with strings that are longer than 12 inches. They could be a strangulation hazard for babies.



FOOD SAFETY

- ✿ Be sure to keep hot liquids and foods away from the edges of counters and tables, where they can be easily knocked over by a young child's exploring hands.
- ✿ Wash your hands frequently, and make sure your children do the same.
- ✿ Foods that require refrigeration should never be left at room temperature for more than two hours.

HAPPY VISITING

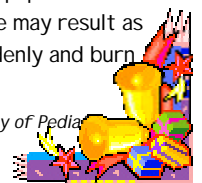
- ✿ Clean up immediately after a holiday party. A toddler could rise early and choke on leftover food or come in contact with alcohol or tobacco.
- ✿ Remember that the homes you visit may not be childproofed. Keep an eye out for danger spots.
- ✿ Keep a laminated list with all of the important phone numbers you or a baby-sitter may need in case of an emergency. Include the police and fire departments, your pediatrician and the national Poison Help Line, 1-800-222-1222.
- ✿ Traveling, visiting family members, getting presents, shopping, etc., can all increase your child's stress levels. Try to stick to your child's usual routines, including sleep schedules and timing of naps to reduce holiday stress.

FIREPLACES

- ✿ Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- ✿ Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.



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Scarecrow Display at Public Safety



Crime doesn't pay in the Village of Barrington, according to "Officer McGruff", who was



part of the annual Village Scarecrow contest in October. Public Service Officer Amy Palmeri, above left, joined Police Officers Jeff Schirmbeck, center, and Ray Peters in assembling the display at the Public Safety building.



Lake County Offers Additional Flu Clinics

If you haven't received your flu shot yet, vaccine is still available. The Lake County Health Dept./Community Health Center is offering flu clinics in December and January at the Belvidere Annex Immunization Clinic, 2303 Dodge Avenue, Waukegan. No appointment is necessary. The clinic will offer flu shots on the following dates and times:

- Saturday, Dec. 17, from 9 a.m.-noon
- Monday, Dec. 19, 9-11 a.m.
- Thursday, Dec. 22, 9-11 a.m.
- Thursday, Jan. 5, 2006, 9-11 a.m.
- Monday, Jan. 9, 2006, 9-11 a.m.
- Thursday, Jan. 12, 2006, 9-11 a.m.

"While the best time to get vaccinated is in the fall, you can still bene-

fit from getting a shot," said Dale Gallassie, the Health Department's Executive Director. "Flu activity generally peaks between late December and March. Once you get vaccinated, your body will make protective antibodies in about two weeks."

Persons 65 and over should bring their Medicare part B cards to the clinics, which will cover the cost of the flu and pneumonia vaccines. Those not on Medicare part B will be charged \$25 for the flu vaccine and \$35 for the pneumonia vaccine. Medicaid and Kidcare are also accepted.

In addition, the Health Department is promoting three other practices

that help prevent the flu: cover your mouth when you cough; regularly wash your hands for 20 seconds; and stay home when you are sick.

For more information, you can call the general hotline: (847) 377-8470, e-mail: healthchsflu@co.lake.il.us or visit their Web site: www.co.lake.il.us/health.

BEST WISHES

Everyone sends holiday greetings and their best wishes for speedy recoveries to Larry Lenz, PW, and Glenn Strebel, FD.

Third Quarter Safety Award Winner Announced

Ed Hartman, firefighter/paramedic, was named winner of the third quarter safety award. He suggested that eye protection stations be located near hazardous waste areas.